

How can you prepare for life after high school?



As a student:

- Think about your future and what you want it to be.
- Think about the kinds of things you like to do. What are you good at doing?
- Be sure you understand your disability and the challenges it presents.

As a parent:

- Remember that no one knows your son or daughter as well as you. Offer your information and assistance.
- Help your student identify his or her strengths, wants, and needs.
- Talk with your son or daughter about the future. Listen and share your vision for their future.

For students and parents:

Get Involved! Attend IEP meetings and take an active role.

Share Information! Tell others what you want and what you need to plan for the future.

Ask Questions! If there's anything you don't understand or if you need more information, don't hesitate to ask.

Would you like more information?

Nebraska Vocational Rehabilitation provides helpful resources regarding the transition planning process.

The "Transition Services Planner" is a guide to assist students and families in understanding transition services and provides valuable information on many other transition resources.

"Making It Work" is a quarterly publication of Vocational Rehabilitation for transition students and their families.

For information regarding the VR office serving your county or for a free copy of these publications:

- Visit the Vocational Rehabilitation website: www.vr.ne.gov; or
- Call Vocational Rehabilitation toll free at 1-877-637-3422.



Vocational Rehabilitation provides services to U.S. citizens, lawful permanent residents, and refugees/asylees who have legal employment authorization documents.

TRANSITION SERVICES



Planning for Work and Adult Living



Vocational Rehabilitation

Nebraska Department of Education
State Office Building
P.O. Box 94987
Lincoln, Nebraska 68509-4987
www.vr.ne.gov

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Understanding Transition

What is transition planning?

Transition is the term for the “bridge” between school and adult life for students.

Transition planning

is the process of preparing for life after high school.

How can Vocational Rehabilitation help with transition planning?

Vocational Rehabilitation (VR) works with schools to assist students with disabilities in planning for the future. Transition services are provided by VR at no cost to students and include:

Career Exploration

This includes tours of community businesses, career days, job fairs, or visits from employers. These experiences provide students an opportunity to learn about the world of work.

Community Resources

Students and their families may be assisted by VR staff in locating resources to provide needed services and supports.

Services After Graduation

VR services are available for most students after graduation. Services are varied and are focused on helping individuals to become employed and advance in their careers. Services may include job or vocational training and job placement assistance.



Effective transition planning assists students in school by involving them in meaningful activities to prepare for adult living after their high school years.

